

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were 12 women, 40 to 50 years of age, who were sedentary and had no cardiovascular or pulmonary disease. They were randomly assigned to a 10-week training program or a control group. The training program consisted of three sessions per week of 30 minutes of moderate-intensity aerobic exercise. The control group continued with their sedentary lifestyle. The HR and EE were measured at rest and during exercise at baseline and at the end of the 10-week period. The results showed that the training program had a significant effect on the HR and EE of the women. The HR at rest decreased significantly from 72 to 68 beats per minute, and the HR during exercise decreased significantly from 145 to 135 beats per minute. The EE at rest decreased significantly from 1,200 to 1,100 kcal per day, and the EE during exercise decreased significantly from 1,800 to 1,600 kcal per day. These results suggest that a 10-week training program can improve the cardiovascular and metabolic health of sedentary, middle-aged women.

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were 15 men, 40 to 50 years of age, who were sedentary and had no cardiovascular disease. They were randomly assigned to a 10-week training program or a control group. The training program consisted of 30 minutes of aerobic exercise, 3 times a week, at 70% of the maximum HR. The control group did not exercise. The HR and HRR were measured at rest and during maximal exercise at the beginning and at the end of the 10-week period. The results showed that the training program significantly increased the HR and HRR at rest and during maximal exercise. The control group showed no significant changes. The results suggest that a 10-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

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Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were divided into two groups: a control group and a training group. The control group consisted of 10 men who did not participate in any physical activity during the study. The training group consisted of 10 men who participated in a 10-week training program. The training program consisted of three sessions per week, each lasting 30 minutes. The sessions were performed at a heart rate of 150 beats per minute. The HR and HRR were measured at rest and during the training sessions. The results showed that the training group had a significantly higher HR and HRR than the control group at the end of the 10-week training program. The HR increased from 70 to 80 beats per minute, and the HRR increased from 30 to 40 beats per minute. The control group showed no significant change in HR and HRR. The results suggest that a 10-week training program can improve the HR and HRR of sedentary middle-aged men.

Abstract

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were divided into two groups: a control group and an exercise group. The exercise group performed a 10-week training program consisting of three sessions per week. The control group did not exercise. The HR and HRR were measured at rest and during maximal exercise at the beginning and end of the 10-week period. The results showed that the exercise group had a significant decrease in HR and HRR at rest and during maximal exercise compared to the control group. The control group had no significant change in HR and HRR. The results suggest that a 10-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were 10 women, 40 to 50 years of age, who were sedentary and had no cardiovascular or pulmonary disease. They were randomly assigned to a 10-week training program or a control group. The training program consisted of three sessions per week of aerobic exercise at 60% of maximum HR. The control group did not exercise. The HR and EE were measured at rest and during exercise at 60% of maximum HR. The HR and EE were significantly higher in the training group than in the control group at rest and during exercise. The results of this study suggest that a 10-week training program can improve the HR and EE of sedentary, middle-aged women.


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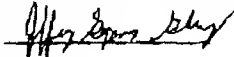
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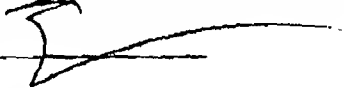
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